

Energy
Efficient
Future

Home
Action
Plan



Energy Efficient Future is a program to help you understand your home energy use and take steps towards energy efficiency. As you complete the exercises in this booklet, you will create a tailored action plan that will help you:

- Create a more energy efficient home
- Reduce your impact on climate change
- Save on monthly utility costs

How can you make your home more efficient?


The following steps will help you to **measure, track,** and **reduce** your home energy use over time. Large or small, any actions you take will make a difference and it's up to you to decide which actions you would like to introduce into your home.

By making your home more efficient, you are participating in climate action!

Step 1. Identify challenges

Sometimes our own ideas of what it means to be energy efficient can hold us back from making a change. When we acknowledge these challenges, we can figure out what we need to move forward.

Write down an idea or belief you hold that could be impacting your ability to create a more energy efficient home and/or take action on climate change:



For example: *"I don't know how to reduce my home energy use"*

"I can't afford the changes that would make my home become energy efficient"

"I don't feel like my actions at home have a big enough impact on climate change."

Climate action:
"To take urgent action to combat climate change and its impacts"
(UN, 2015).



Step 2. Understand your home energy and water use

To make a change, we need to know where we're starting! **Using one or both of the options below**, track your energy (electricity and natural gas) and water use through your monthly utility bill (Option 1) or by answering questions about your energy and water use behaviours (Option 2).

Option 1 Track your energy and water use with your monthly utility bill

	Electricity	Natural Gas	Water
Next bill	kWh used: Cost:	GJ used: Cost:	m ³ used: Cost:
1 month after	kWh used: Cost:	GJ used: Cost:	m ³ used: Cost:
2 months after	kWh used: Cost:	GJ used: Cost:	m ³ used: Cost:
3 months after	kWh used: Cost:	GJ used: Cost:	m ³ used: Cost:

Note: The amount of natural gas you use will change depending on the season. For example, you will typically have higher use in winter while heating your home

Option 2 Track your energy and water use behaviours

	Current	1 month after	2 months after	3 months after
What temperature do you set your thermostat during the daytime and at night?	Day: Night:	Day: Night:	Day: Night:	Day: Night:
How often do you turn off the lights when you leave the room? (Never, Sometimes, Often or Always)				
How often do you unplug electronics/appliances when not in use? (Never, Sometimes, Often or Always)				
On average, how many minutes do you use the shower each week? (e.g. 4 showers x 8 mins = 32 mins)				



Tip: **Changing habits takes time!** If you don't see a big difference right away, make a plan to keep recording changes every month.

Step 3. Take action



It's time to choose which actions you would like to introduce into your home to improve its efficiency and reduce your impact on climate change.

Some actions will depend on the type of home you live in. Whether you live in a house or apartment, and if you rent or own can affect the types of actions you can take. However, any actions you choose will make a difference!

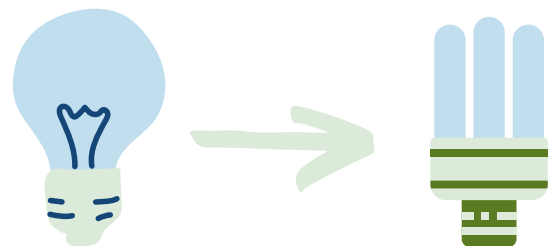
Select at least **five actions** you would like to take:

Daily Habits

- Turn off lights when not in use
- Unplug electronics when not in use
- Wash clothes only in cold water
- Only run dishwasher when full
- Use power saving mode for screens
- Run ceiling fans in reverse in winter
- Use furnace fan in summer
- Limit showers to 5-10 minutes
- Clean fridge coils on regular basis
- Hang dry clothes and linens
- Lower your thermostat at night

Home improvements

- Have insulation inspected
- Use a smart thermostat
- Install high efficiency furnace
- Replace old water heaters
- Use ENERGY STAR appliances
- Install double-pane windows



Low cost

- Check and seal drafts (windows, doors, electrical outlets on exterior walls)
- Insulate hot water pipes with foam covers
- Replace inefficient lightbulbs with LED lightbulbs
- Use power bars for devices and switch off when not in use
- Add thermostatic valves to radiators
- Purchase and install a water saving shower head

Step 4. Set a timeline for your action plan

Now that you've picked which steps you would like to take to start moving towards an energy efficient home, set a timeline for putting them into action.

Using the boxes below, write down the dates that you will check-in on your action plan to see:

- Are you keeping up with your **daily habits**?
- What progress have you made towards your **low-cost** or **home improvement** actions?
- Which actions would you like to take next?

<u>Today's date</u>	<u>Day 1</u>	<u>Week 1</u>	<u>Month 1</u>	<u>Month 2</u>
Action plan created <input type="checkbox"/>	Starting daily habits <input type="checkbox"/>	Check-in with actions <input type="checkbox"/>	Record energy & water use <input type="checkbox"/>	Record energy & water use <input type="checkbox"/>
<u>Month 3</u>				
Record energy & water use <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Tip: Set **reminders** for these dates in your calendar or phone



Tip: Use the extra space to continue tracking your actions

Step 5. Track your progress and set new goals

As you start introducing these actions into your home, take time to track your progress, reflect on what's working for you, and decide if there are additional actions you would like to take.

Revisit the exercise from Step 1 (page 2) to see how your ideas around energy efficiency have changed now that you've created your action plan. Use the space below to reflect on these changes.

How have your ideas changed around **energy efficiency** and **climate action**?



What actions would you like to take next?

Don't be discouraged if you aren't practicing your energy efficient and climate action behaviours every day. With time, it becomes easier to form new habits and find creative solutions that will make our homes more energy efficient. **Every action you take makes a difference!**



For more resources on energy efficiency and climate action visit:

www.greencalgary.org/energy